

inserting a stylet having an inner bore and an outer barrel through said incision and withdrawing said inner bore;

providing a first tube of cylindrical construction having a first predetermined length and a first predetermined diameter;

providing a second tube of cylindrical construction having a second predetermined length greater than said first predetermined length and a second predetermined diameter less than said first predetermined diameter but greater than an outer diameter of said outer barrel so that said first tube telescopically receives said second tube and so that said second tube telescopically receives said outer barrel;

[dimensioning said first tube to have an inner bore with a diameter greater than an outside diameter of said second tube so that said first tube telescopically receives said second tube;]

tapering a [distal] leading end of said second tube so that said [distal] leading end is easily slid into a ligament without imparting trauma to the ligament;

[telescopically inserting said second tube into the inner bore of said first tube to form a dilator means, said distal end of said second tube extending distally beyond a distal end of said first tube when said tubes are telescopically engaged;]

[inserting said dilator means through the barrel of said stylet;]

dilating an incision a first amount by inserting the tapered [distal] leading end of the second tube through said incision;